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7. A method for manufacturing a hollow shock absorbing member, which is plastically deformed for absorbing axial load, comprising:

5 preparing a hollow material that has a constant cross section in the axial direction; and

10 applying axial load to the hollow material until the hollow material is plastically deformed so that a buckling portion is formed at any position in the axial direction of the hollow material, wherein the hollow material, which has the buckling portion, is used as the shock absorbing member, and wherein plastic deformation of the shock absorbing member due to axial load starts at the buckling portion.

8. The method according to claim 7, wherein the hollow
15 material is formed by extruding metal.

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